

Tim Hortons Wellness Centre Equipment Listing

- bw pull (row)/bicep pull-up
- shoulder press/tricep push down
- lat pull-down/assisted chin-up/dip
- prone leg curl
- leg extension
- hip abduction/adduction
- standing calf
- leg press
- cable crossover
- squat rack
- smith press
- leg raise
- chest press
- fly/rear delt
- crunch machine
- bent leg abdominal board
- lower back
- free weight row
- preacher bench
- bench press
- benches (incline, flat, decline seated)
- sitting calf raises
- body bar (6,9,12,15,18,24,30)
- corner back pull bar
- dumb bells (5-100)
- kettle bell – 2 sets (5-60,10-30)
- bars
- bar / handle rack post
- barbells (20-110)
- indoor rower – 2
- exercise bikes – 5
- Stairmaster – 3
- arc trainer
- treadmills – 5

- lateral treadmill
- stride machine
- Jacobs ladder
- stability balls – 2
- bosu ball
- sandbags (6,8,10,15,20,25,30)
- medicine ball
- wrist weights
- plates